

# What Do I Do?



Many people feel overwhelmed at the thought of moving out of a nursing home and into their own place. There's so much paperwork to be completed, with so many choices to be made, that it's just easier to stay put.

A lack of family or funds can make a person feel trapped. But there's a program designed specifically for someone like you. Local Contact Agencies can assist you with all the paperwork and choices, so you can make the best decision based on your current circumstances.



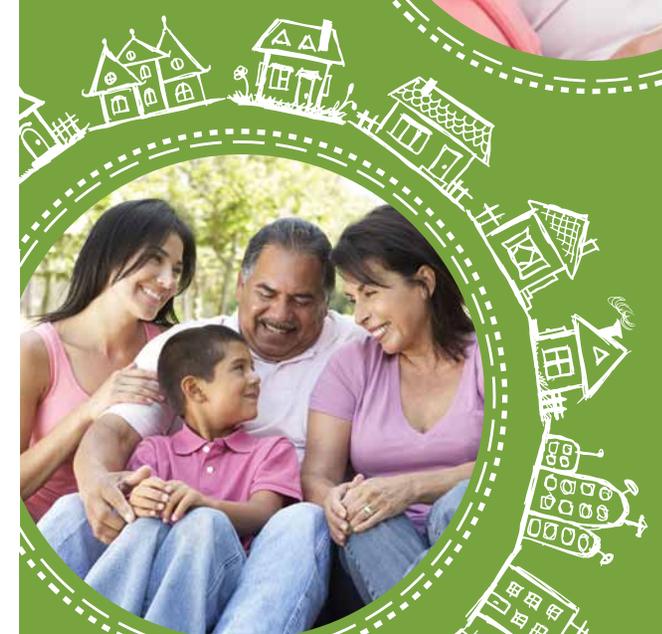
Your Local Contact Agency is here to assist you physically and financially with transitioning from your nursing home back to the community. You have a choice. Make the call to your Local Contact Agency today.



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## Are you interested in moving out of here?

We can help make that happen.





To ensure a successful transition back to a community setting, the California Community Transitions program covers things like:

- » Household set-up costs
- » Home modifications
- » Vehicle adaptations
- » Assistive devices



**Am I Eligible?**

## Talk to a Local Contact Agency transition coordinator who will:

- » Explain all the services available such as home and vehicle adaptation, home set up, assistive devices, wheelchairs and other medical equipment, training on self care, nursing visits, and how to get a personal care attendant.
- » Meet with your friends, family, or other people you trust to discuss your options.
- » Plan and coordinate your return to community living.



**Community settings include:**

- » Independent living
- » Assisted living